

ADULT DANCE CLASSES

Instructors: Juanita Pavlick, Myra DeAsis and Gail White

These instructors began dancing together as students at The Parks and Recreation Department under the beloved Miss Edith Kalin. Since then, they have remained together to further their love for dance. Collectively, they have decades of dance experience.

****Adult Ballet**

A class for anyone who loves to dance but does not want to pay an expensive studio for private lessons. Ballet is a wonderful way to help tone, stretch, and relax tired muscles that may not have been used in a while. This class will focus on the basics of ballet, students are encouraged to have some prior experience, even if it was years ago. Wednesday nights are basic ballet skills, and Saturdays are pointe work and choreography. Students will have opportunities to perform their skills at various community events if they choose.

Fee: \$30 per month
Ages: 16 & UP
When: Wednesdays from 7:00 pm – 8:30 pm
And Saturdays from 10:00 am – 12:00 (noon)
Where: W.F. Recreation Center, 600 11th St, Room 213 (Dance Studio)

Middle Eastern Dance

Instructor: Hailey Dorseman

Hailey is a former student through the Parks and Recreation Department who was ready for a class of her own. Hailey has been dancing most of her life and believes that the dance is an expression of personal power and that Middle Eastern dance compliments all body types.

Beginner Level

Relieve stress, tone up, and have fun all at the same time! Fundamental movements of beginning belly dance, focusing on correct techniques for this dance, with some multi-cultural insights. This is a great course for the new dancer or a refresher for those with some past experience. Students should have a hip scarf with fringe that is large enough to tie around the waist.

Ages: 14 & up
Fees: \$25 per month
When: Tuesdays
Time: 7:30 p.m. - 8:30 p.m.

Intermediate Level

(Must complete one year of Beginning Level before signing up for Intermediate)

Class focus will be on choreography, props, advanced movements, combinations and solos. Some props we may use are swords, canes, veils and double veils, candles, and zills (finger cymbals). Enjoy the support and comradary of others who find this fascinating art form worth sharing and be prepared to laugh a lot!

Ages: 14 & up
Fees: \$35 per month
When: Thursdays
Time: 7:30 p.m. - 8:30 p.m.

Classes held at the W.F. Recreation Center, 10th and Indiana, Room 212

Pay by 3pm last day of the current month and receive a \$5 discount for the upcoming month!

Salsa Dancing

Instructor: Marlon Pesantez

The art of salsa dancing is easy! Salsa dance history represents a blend of Latin American and Afro-Caribbean dances. Salsa is most closely related to another Latin dance, the Mambo. They are similar in terms of steps and the beats but Mambo tends to have more front-to-back motions, with salsa going side-to-side. Join Marlon as he breaks down the turns and steps and helps you become the envy of the dance floor.

You can bring a partner along with you for FREE, or you can ask your instructor to partner you with someone in class

Fee: \$25 per month (Bring a partner for FREE)
Ages: 16 and Up
When: Fridays
Time: 6:00pm – 7:00pm

Adult Social Dance

Waltz

This is a versatile dance that can be done to both country and big band or ballroom music. The step list is the same for both the country and ballroom circuits. This dance is very popular for weddings because it is very graceful and flowing. During the 4 lessons conducted in this month of instruction you will learn frame, the progressive steps (typically done locally versus the box step), turns, rotations, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in May
Time: 6:45 to 8:00 p.m.
Instructor: Carolyn and Fred High

Nite Club Two-Step

This is a versatile dance that can be done to both country and big band or ballroom music. The step list is the same for both the country and ballroom circuits. This dance is typically done to slow two step or foxtrot music and like the waltz is a very graceful and flowing dance. This would also be a very nice dance for a wedding or similar event. During the 4 lessons conducted in this month of instruction you will learn frame, the basic steps, various turns, spins, breaks, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in May
Time: 8:00 – 9:15 p.m.
Instructor: Carolyn and Fred High

Two-Step

This is instruction in the dance most commonly seen at all country and western night spots/clubs. During the 4 lessons conducted in this month of instruction you will learn frame, basic steps, turns, rotations and other basic to intermediate level moves as time allows. Leading and following techniques are emphasized. This dance can also be done to other types of music that have the same rhythm such as foxtrot. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in June
Time: 6:45 – 8:00 p.m.
Instructor: Carolyn and Fred High

Cha Cha

This is a very versatile dance that can be done in all types of environments – country, Latin, big band or ballroom. The step list is the same regardless of whether you are dancing to country, Latin, or ballroom cha cha music. During the 4 lessons conducted in this month of instruction you will learn frame, side and progressive basic steps, various turns/breaks, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month ges:
Ages: 12 & up
When: Tuesdays in June
Time: 8:00 – 9:15 p.m.
Instructor: Carolyn and Fred High

Triple Two-Step

This dance is sometimes called the shuffle and is normally done to country music but it also can be danced to some big band music (so don't rule it out). This is the dance you would probably use in a club where a two-step just doesn't fit the music and it is definitely not a waltz. During the 4 lessons conducted in this month of instruction you will learn frame, the basic steps, various turns, rotations, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in July
Time: 6:45 – 8:00 p.m.
Instructor: Carolyn and Fred High

West Coast Swing (Part 1 of 2)

This dance is fun and great for all forms of music: country, ballroom, rock, rhythm and blues, easy listening, etc. It is danced primarily in a slot and does not move around the floor much like many of your other dances. It is a great dance for areas where there is a small dance floor. Instruction for this dance takes 2 months. Part 1 must be completed before taking Part 2. During the 4 lessons conducted in this month of instruction you will learn frame, the basic steps (primarily 6-count moves with an introduction to 8-count moves in the last class), various turns, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in July
Time: 8:00 – 9:15 p.m.
Instructor: Carolyn and Fred High

Jitterbug (A form of East Coast Swing)

This dance evolved from the Lindy Hop and is danced to all forms of music – country, ballroom, rock, etc. During the 4 lessons conducted in this month of instruction you will learn frame, the basic steps (with single step and triple step), various turns, rotations, and other basic to intermediate level moves as time allows. Leading and following techniques are always emphasized. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in August
Time: 6:45 – 8:00 p.m.
Instructor: Carolyn and Fred High

West Coast Swing (Part 2 of 2)

In West Coast Swing (Part 1) (the prerequisite to this class), you learned the basic 6-count steps, simple patterns, turns, and received an introduction to 8-count patterns (whips). In Part 2, we will add more types of whips and work on putting 6- and 8-count moves together into variety of different patterns and transitions. Leading and following techniques are always emphasized.

NOTE: You must have completed Part 1 before starting Part 2. No partner required, however, it is helpful if you have someone to practice with outside of class. We have combined classes for young people and adults. Bring your relatives or friends. Bring your son or daughter. **Please wear shoes with leather or hard soles to allow you to spin. Please, no sling backs or athletic shoes. Bowling shoes work great!**

Fees: \$35 per month
Ages: 12 & up
When: Tuesdays in August
Time: 8:00 – 9:15 p.m.
Instructor: Carolyn and Fred High

All classes taught at The W.F. Recreation Center, 10th and Indiana, Room 201

Pay by 3:00 pm last day of the current month and receive a \$5.00 discount for the upcoming month!

**WFISD and City of WF Discount available for ALL classes. (With Proper ID)